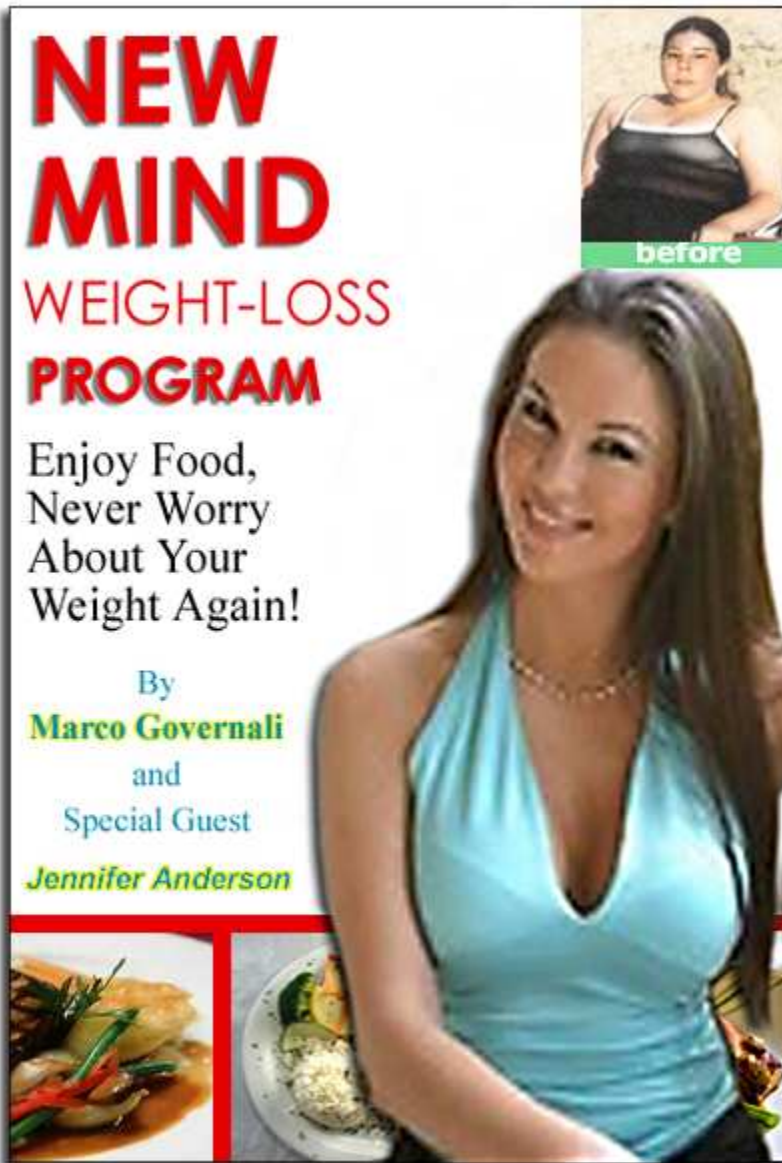


Are You Trying to **Lose Weight?**



**NEW  
MIND**  
WEIGHT-LOSS  
**PROGRAM**

Enjoy Food,  
Never Worry  
About Your  
Weight Again!

By  
**Marco Governali**  
and  
Special Guest  
**Jennifer Anderson**

before

The advertisement features a large photo of a woman in a light blue halter top, smiling. To her left is a smaller 'before' photo of the same woman in a black tank top. Below the text are two small images of food: a plate of shrimp and vegetables, and a plate of rice and vegetables.

**T**here's a Powerful Force Working  
**Against You**

*that force is **your own mind!***

Are you ready to **stop the insanity**  
once and for all?

Are you ready to finally  
face reality and understand  
that conventional dieting  
programs **cannot and  
will not work?**

Are you ready to finally stop depriving yourself of the  
**healthy and happy lifestyle you deserve?**

If the answer is **YES** you've come to  
the right place. The information you  
are about to read will help you  
immensely in putting an end to the  
diet nightmare once and for all!



**Hello, my name is Marco. Please take a  
look at the above before and after  
pictures. That's me before, and after 75  
Lb.**

Let me tell you why I decided to make this  
information available to all through the  
wonderful World-Wide-Web.

## **Are You Struggling To Lose Weight?**

If you are like most people, you are constantly  
searching for a way to lose weight and to keep it off.

A recent study shows that each year North  
Americans spend more than \$50 billion on  
weight-loss products and diets. And yet  
North Americans have never been fatter. In  
fact, according to a recent report conducted  
by the U.S. Surgeon General, 61 percent of  
American adults are either overweight or

obese. For most of us the quest to lose weight has really become an everyday struggle for many reasons. One of the main reasons we gain weight and can't seem to lose it is because we eat way too much fast food.

Due to our busy schedules that has us always on the run, fast food has become very convenient for many of us, the trouble is, most fast food is not only unhealthy but very high in calories too. Also lets face it, good tasting foods have become very addictive for many of us. When we go out to eat it is hard for most of us to choose the healthier choices rather then the better tasting foods.

We are looking for an easier, yet safe way to lose weight, without having to constantly stay on low fat, low calorie diets forever. The question is, in today's society can we lose weight without sacrificing all of the good foods we love to eat?

**The answer is YES, WE CAN!**

As far back as I can remember I have never been what you would call skinny. You know mother nature makes us one way or the other, small frames or large frames.

Well, I am a large frame dude, so let's get one thing straight right now, if you are a large frame individual, you will most likely never be 120 pounds. The reason is very simple, you would look non-proportionate, that simple.

I, like so many of you, have tried many different ways to lose weight. When I think of it, pretty well an ongoing battle throughout my entire life. I have never been really obese like 400-500 lb, but always that extra 40-60 lb I have been battling with for what it seems forever. The heaviest I have ever been was 265lb.

I have tried diet pills, I have tried protein diets, I have tried veggies diet, I have tried the skip Mondays diet, I tried rigorous

exercise routines - sure I would lose a few pounds, sometimes even up to 50 pounds, but darn it, I would regain it all back within a matter of a few weeks. All that hard work, months and months worth of self quasi-starvation would inevitably go all up in smoke in a matter of weeks plus interests.

A friend of mine (a Doctor), suggested that I had to stop starving myself, and eat 3 full meals and 2 snacks per day. Our body, he suggested, needs to eat several times per day otherwise it will go into emergency mode thus burning very little calories making it impossible to lose weight. It seemed to make sense, so I started eating a good breakfast a 10 am snack, a good size lunch, a 4 pm snack with a tea and a sensible supper. I loved it, I thought, geez, it can't be this easy, all I got to do is eat 5 meals a day instead of starving myself and I will lose the weight?.. go figure. Well, that euphoria did not last for very long, I just started putting weight on week after week, day after day. Concerned, I asked my friend the Doctor, to which he replied to keep doing it as the body needed to get used to the new way of eating, and so I listened to him, and I watched myself go from 204 lb to 265lb in a matter of four months. That's when I said **ENOUGH!**

**STOP THE INSANITY!!**

**WE'RE MISSING SOMETHING  
HERE, THERE HAS TO BE  
ANOTHER REASON! SOMETHING  
EVEN OUR DOCTORS ARE  
MISSING!**

**Do you feel like there is something keeping  
you from the body that you want?**

**Hate to say this, but there is... and  
that something is YOU!**

**Would you like to learn once and for all  
what's keeping you from achieving your**

**desired weight and look?**

**Here you will learn the  
secret to end all diets for  
ever!**

Certainly you want to lose weight, there is no question about that. But, whether this is your first attempt, or your 20th, you need to know some facts. You probably already know that there are no miracle solutions, and that some common sense and commitment must be applied when talking nutrition and weight loss. But did you know that there are **Biological, Biochemical** and most importantly **Psychological** reasons why your body is more comfortable NOT losing weight? That the very fat cells that you are trying so hard to get rid of are working **AGAINST** you instead?

These next three points below are in a way the most important piece of information you'll ever receive when it comes to losing weight and keeping it off. **Therefore, I strongly urge you to read it over and over again until you fully understand it.** There is really no other way to put it, either you really understand this next three points or you don't stand a chance.

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**Reason number 1 (Biochemical)**  
**Overfilling the gas tank.**

**Start by being honest and stop fooling yourself! Stop blaming everything from your thyroid to your sedentary job to your overweight parents to your unhappy relationship!**

**STOP lying to yourself!**

**If you are gaining weight, you are simply in-taking more fuel than your body need. If you can't lose the excess weight, you are simply eating the exact amount of fuel your body needs on a daily basis without tapping into your fuel reserves. As simple as that. Period.**

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## Reason number 2 (**Biological**) Mother Nature did it.

How about we blame Mother Nature for a change, this time with good reason. Did you know that there are biological reasons why your body is more comfortable NOT losing weight? That the very fat cells that you are trying so hard to get rid of are working AGAINST you instead?

In a nutshell - here is why.

When you reduce your caloric intake, even by a little, your body goes into **economy mode**. Fat cells, believe it or not, have receptors, and every single cell picks up on this. Since pre-historic times they are programmed to "think" that if you eat less, then you must be having a hard time "finding" food. As a result they switch into "**economy**" mode, using every single caloric unit to it's highest possible potential making it very difficult to lose weight as a result.

Let me give you a simple example to better illustrate this very important process. It's Friday and you just got paid. You go grocery shopping and you buy everything you need for the coming week plus some. You splurge a bit, you even buy desserts and ice cream... for the kids (wink). You just spent \$200 on a week's worth of groceries.

It's now next weekend. You need groceries again. This time however you don't have that much money left from your paycheque. You surely cannot afford to spend \$200 on groceries again, but just the same, you must buy enough groceries to make it to next weekend when you get paid again. What do you do? You sharpen your pencil, you go into "**economy mode**", you look for items that give you a lot of volume without costing you a lot, you buy pasta, rice, bread, highly filling foods that won't break the bank.

In other words, you find ways to survive and making it through another week without spending a lot of money. And you are not surprised when you are actually able to make it on less than a half of what you spent the week before.

That is exactly what your body does, when faced with "starvation" it goes into "economy mode". A diet fouls the body into thinking a period of "famine" has arrived. Since you are feeding it fewer calories, it compensates by lowering your metabolism by as much as 50%. In other words, it uses less calories to make it through periods of (what it thinks) "scarcity". And it will stay that way until one of two things happen, one, **you resume feeding it more**, or two, **you are actually able to convince it that there is no shortage of food**, in other words, you are actually trying to lose weight.

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**Reason number 3 (Psychological)**  
convince it that there is no shortage of food

**To succeed, you must switch your focus!**

Now listen to me. Just like Mr. De Niro would say,  
'FOGGET ABBORET'!!

**IT IS EXTREMELY IMPORTANT THAT YOU  
UNDERSTAND THIS.**

AS WE WILL SEE LATER IN MUCH MORE  
DETAIL,

**YOU MUST**  
**FORGET ABOUT**  
**IT.**

What has "thinking about it" brought you? You've got "losing weight" on your mind day in and day out, you constantly think about it every minute of every day, but yet, you are not able to lose any weight.

As we will see later, there is a very simple but amazing reason for this, so please do take it

seriously when I say **STOP thinking about losing weight!** Really, Really, Really **FORGET ABOUT IT** and start enjoying what you eat,

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## The nitty-gritty

What you are reading here my friend, is not a diet. It is not a new way of eating not is a new medical discovery. Although you will get a lot of essential tips and how-to's within this program, what it really boils down to is about telling the truth, once and for all, saying it the way it is, willing to face reality and do the only thing that really works when it comes to losing weight. **CHANGING THE WAY YOU THINK.**

**W**hen it comes to Dieting,  
conventional wisdom does not work.

In the western hemisphere **we view** a healthy lifestyle as something **difficult to attain**. Traditional diet programs tell us that in order to lose weight, we must keep track of what we eat, count calories, and deprive ourselves of foods we like to eat. Some diets **tell us exactly** what and when to eat, without keeping in account our personal preferences and our relationships with hunger and satiety cycles. While it is true that dieting can help us lose weight in the short term, it is also true that it is a most unnatural and unrealistic lifestyle we could live with, let alone enjoy!

**W**hen you diet, you are **NOT in Control**

If you are like me, you have dieted in a way or another for most of your adult life. Where has it got you? How many different diets have you tried? Have you asked yourself why are you constantly on some kind of diet and can't seem to lose that weight once and for all? Have you asked yourself why are you still gaining weight year after year despite being constantly "on a diet"?

**The truth is that the mind set and attitudes acquired through years of dieting are most likely to result in a**

### **body weight obsession, poor nutrition and low self-esteem.**

Weight loss resulting from conventional dieting is in over 95% of the times temporary. Diets are too drastic, unrealistic and unpleasant; they are physically and emotionally stressful, next to impossible to maintain. After a while, frustrated, most of us just resume our old eating patterns. Diets control us; **we are not in control.**

Those of us who attempt to live by diet rules learn almost nothing about proper and healthy nutrition or how to finally enjoy the food we eat without feeling guilty. Realistically speaking, we simply cannot survive in the diet mode for the rest of our life. We cannot deprive ourselves of the true pleasures of healthy eating and lifestyle.

When we restrict food intake in order to lose weight we are losing control of who we are and what we eat, in essence our lifestyle. Dieting, is the path that many of us take in order to reach a desired appearance. The problem is that this very **preoccupation** is our biggest enemy when it comes to losing weight. Conventional Dieting creates an unhealthy lifestyle of emotional and physical deprivation. **Dieting takes control away from us.**

## **D**iets equal Frustration!

Have you noticed how each time we go on another diet, the weight becomes more and more difficult to lose, and we become even more frustrated every time?

What happens as a result? We start eating more, causing ourselves even more frustration, and discouragement. Soon we find ourselves in a vicious cycle. We ask ourselves, "Why bother?" We begin to blame ourselves for having no will power, we even punish ourselves by binging out so that we can feel the guilt afterwards and blame ourselves even more. **What gives, why are we torturing ourselves? If something does not work why do we keep doing it? Why can't we understand that what we really need is a workable definite change in the status quo that takes us off the rollercoaster ride once and for all.**

**D**iets are humanly impossible to work with.

Most diets out there start by restructuring our whole life around. They tell us what to buy at the grocery store, they tell us what to eat, they tell us when to eat, they even tell us what to eat when socializing with our family, friends, at the restaurant. The problem is that most of these diets suggest abnormal and unrealistic eating routines and in most cases encourage health-threatening restrictions.

Even more important, diets don't teach us the safest, most effective ways to deal with our cravings and our desires, or how to attend to our natural need of wanting to feel full and satisfied. Over time, we become frustrated with the complexity, having to keep track of everything you put in your mouth, everytime you want to eat something, you must first consult with some stupid little multicolored card, we become tired of the hunger, the lack of flavor, the feeling of deprivation and the lack of flexibility. Eventually, we quit the diet and in most cases gain back more weight than we started with in the first place. **Yo-Yo anyone?**

So why do we do this to ourselves? Simple, we basically forget of a very simple rule.

## **YOU DON'T PUT GASOLINE IN YOUR GAS TANK UNLESS YOU NEED TO!**

Most of us have a low self-esteem image of ourselves coupled with the inability to listen to and recognize what our body tells us, which results in a structured eating pattern and lifestyle. We don't trust in our body's ability to tell us what we need, so we end up disrupting our body's cycles of hunger and fullness by eating when we are not really hungry or eating to satisfy other feelings, or to compensate for the lack of other feelings.

Remember, **IT IS NOT WHAT YOU'RE EATING,  
IT'S WHAT'S EATING YOU!**

So what do we do? We enroll in a diet plan where they

are going to tell us, how much we eat, when we eat, and what we eat. The magic solution? No, that could not be further than the truth. We start all pumped up and ready to go. We follow the plan to the “T” for the first few days or even weeks. We tell ourselves that this time is “The Time” we are going to do it. But after a while the same thing happens inevitably.

We lose the ability to eat in response to our body’s signals, we deprive our body of what it really needs. We feel cheated, we start with little quick binges, then bigger binges, and we end up ending the diet program cursing every moment of it.

We start feeling guilty for not being able to stick with it. We feel defeated. We gain back the few pounds we lost (if any), and then we’re back where we started, only this time we think even less of ourselves. The end result, instead of feeling better about ourselves, diets set us up for failure and take away a little more of our self-esteem every time.

### **The following is something we really need to understand:**

**The reason 95% of all conventional diets fail is simply this: When we go on a diet, our body thinks we are starving it; it changes the way it burns calories by slowing down its metabolism, thus becoming more efficient at storing fat.**

Our body has a simple and only mission. To keep us alive! It is designed to adjust itself to and survive for as long as possible in any given situation. The reason goes way back to the primitive times. Back then, we walked for days hunting for food to bring back to our caves. We went many hours or even days without any food.

We found ways to be more conservative with our energies. We slowly taught our body ways to slow down fuel consumption so that we did not need (or could) eat as often. Today, it is pretty well the same thing. Suppose you are on a hiking trip and get lost in the middle of nowhere somewhere in the bush and you only had enough food for a day. For the first day or so, you will be very hungry, because you are used to eat a certain quantity at regular intervals. Your body knows that you will eat a meal every few hours and it therefore expects and depends on that next meal coming from outside.

You are being very careful with the little food you have and therefore eating only a small portion of it. Wise move because you just don't know how long you will be in the forest 'till someone finds you. Somehow, you managed to stretch one day's worth of food over three days, but you have no more. So the fourth day dawns and you are faced with another day of hunger. That is when your body's survival mechanism kicks into high gear. It will slow down caloric consumption to a bare minimum. It will become a most efficient machine by using very little energy in an attempt to extend it's and your survival. This is a basic natural instinct all inhabitants of this planet animals and humans alike are born with.

### **When you diet, your body cannot tell the difference.**

### **It has no idea you are trying to lose weight on purpose.**

It simply thinks food is becoming scarce, period. It could not care less whether you are doing it on purpose, you've lost your job and can't afford groceries, or simply you been asleep for a week and forgot to eat.

### **It has a job to do, no matter what, it must survive.**

What happens then? The same scenario as before, when you got lost in the bush.

In addition, when you decide to end the diet you're on, and start eating somewhat normally, your metabolism will stay in "economy mode" for a few extra weeks (just in case), and that causes you to gain the weight back even faster, even though you may still be eating less than you were before you started the diet.

## **T**o succeed, you must switch your focus!

First you need to realize once and for all that traditional diets simply cannot work for the long term. Most diets simply measure success based solely on the number of pounds you lost. They don't take into account the quality of your lifestyle and even more important what happens after the diet for long-term good health.

In other words, what would be the point in being slim, but miserable, unsatisfied and unhealthy?.

**You need to stop dieting once and for all and focus on enjoyable physical activity and good nutrition. Exercising regularly and eating lean-supporting calories, protein and carbohydrates, and reducing fat-supporting calories will not only help you look and feel better, it will also significantly reduce your risk of disease.**

**If you really want to be successful with your weight management program as with everything else in life, you must be able to enjoy what you are doing.**

Everything you eat must be a pleasurable experience. If you're not enjoying yourself, it is unlikely that you'll continue your program, any program. It's that simple.

**You must stop looking at food as your enemy. Food is your friend, understand that once and for all.** It is here to sustain and nourish you, without it, you would die, think about that. Stop hating food, it is your allied, just change the relationship you have with it and you will succeed.

Take the frustration, guilt, and deprivation out of weight management, and allow yourself to adopt gradual, realistic changes into your life that will make healthy eating a pleasure instead of a guilt trip. You will soon discover what your body is capable of telling you exactly what it needs. You will begin to look, and feel your very best.

**But none of this will make you lose weight and keep it off for the long term. Unless you change your mental image of yourself first. That is the secret to real success.**

**The one single-most important fact you need to understand and adopt as your way of life, if you really want to be successful at achieving permanent weight loss and an effort free eating lifestyle.**

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## **My personal story.**

As a child I was never what you would call a skinny child. A little plum or chubby if you like. Back then in the sixties, our parents had a different understanding of what was “healthy”. Their idea of being healthy was to be somewhat chubby. They associated “skinny” with lack of food on the table and therefore poverty. Still chased by the ghosts of the depression and the two world wars, they knew full well what it meant to go to bed hungry, they did their best to make sure their children did not have to experience the same thing. If you happen to look at a 50s or 60s TV or magazine advertising, you will notice how folks in these ads were somewhat plum, especially children.

So we grew up with that mentality. Making sure we eat lots and grew big. Then in the seventies and even more in the eighties we got hit by a wave of new medical data which told us that being “plum” is dangerous and being skinny is now healthy. As a result, those of us who happened to be bigger had no choice but to embark on this new battle in order to fit our new socially accepted mold of what we “should look like”.

You see, it is natural to want to belong. No one wants to be set aside, or much less pointed out. No one wants to be different, an outcast. We are a social species, we want to be liked and accepted by our peers and society itself, it’s a natural necessity all humans have in common.

So here we are, having to revert everything we learned in the past and thought we were doing right all along. The problem is that once you have developed an image of who you are, it gets imprinted in your brain in such a way that it is virtually impossible to change unless specific "re-learning" techniques are used.

I grew up in a middle class family, relatively normal in every way with no major traumas till the age of twelve. That was when I was involved in a major automobile accident. A speeding car lost control, rolled over several times, and ended up landing literally with it’s roof on top of me. 32 bone fractures later, as a result, I spent a total of almost three years between one surgery

and another, rehabilitation and such. One of the things you do of course when you are hurt, is, you guessed it “you eat”. Food has a way of comforting us, to alleviate our sufferings whether physical or psychological. As a result I ended up weighing around 200Lb at age 15.

Once I started walking again mind you, and then eventually running and ride a bike, I lost all that excess weight relatively fast.

The problem was however, that because I had gotten used to the idea of seeing myself as “a little overweight”, the moment I stopped watching what I ate or loosen up a bit around the holidays, I would immediately gain weight. Around the age of 20 being 6.1 weighing 172Lb I was by no means “fat”. Take a look at the two pictures below, that's me at 20 or so. Even though I wore a size 34 pants and never had any issues finding girls who wanted to spend time with me, I still had a difficult time seeing myself as “normal”, I always had in my mind the notion that I was heavier than I actually was.



When I look back at these photographs today, I can't believe how “skinny” I was, but still back then I could not see that. At 24 I immigrated to Canada from Italy. I got married, bought a business and settled into a life of all work and no fun. I could just look in the mirror and see myself getting bigger by the minute. I will never forget the day when I weighted myself and discovered I was 210Lb, I almost had a heart attack. Last time I had weighed myself I was 172Lb, what happened? And then again of course, I kept in getting bigger and bigger, 215, 220, 230, all the way up to 260Lb.

You see, once we get married, most of us do not worry about looking good anymore, we think we have finally settled down, get busy with our kids, family, jobs and we forget all about ourselves and our health.

But then some of us divorce. And that's when it hits you. You are now single and fat, what now.

Fortunately for me, I have always been of the opinion that what makes a person attractive is not limited to his or her appearance, I believe his or her personality plays a huge role in it. Also, some of us have a way of carrying 70 extra pounds while only showing 30 of it, if you know what I mean, black clothes anyone?

Once single, wanting to lose weight, I started dieting.

The first thing I did was to enroll in one of the mainstream diets. I mean these people were starving me. All I ate was a couple of salads and a can of tuna a day. Sure I lost 12 pounds in the first week, but the second week I only lost 2 pounds, the third nothing at all, the fourth, I quit.

So, that was the start of several years of Yo-Yo dieting of losing a few pounds to then regain it all back, the problem was that every time I gained the weight back I would get it plus interests, what the hell I asked myself, why is it getting harder and harder to lose a few pounds every time I try.

A couple of years ago, I got into a relationship with a wonderful girl. We moved in together and of course she took over the task of cooking for the both of us.

For whatever reason, this wonderful person who was also a wonderful cook, had a marked need for wanting to feel appreciated and praised for everything she did. To a certain extent, nothing wrong with that you may say, and I agree, but one of the things she did was to cook very elaborate meals on a daily basis complete with desserts and all the trimmings you can possibly imagine, mainly so that she could hear me say "thank you honey, that was wonderful" at the end of the meal. I loved the food of course. I tried many times to tell her to slow down just a bit, but she always replied that it was up to me how much I ate. Even though I was careful at not eating as much as I would have liked, I started gaining weight like there was no tomorrow. As a result, in less than a year I went all the way up to 265Lb, my heaviest ever.

Finally, one October day of 2005 our relationship came to an end and I moved out on my own. The first thing I did was to drastically cut my food intake for a week and drink buckets of water a day, some sort of de-tox routine I thought. Then I filled my fridge with healthy foods, salads, fruits and such and I thought I had it made.

To my surprise however, even though I was eating one third of the calories I was eating before I only lost a few pounds initially and nothing more. I hovered between 245 to 255Lb for several months not able to lose any more despite of how little I was eating.

## Then one day... while

eating at a restaurant with a friend of mine it just hit me like a ton of bricks. This buddy of mine is roughly the same age and height as me, but only 185Lb. I ordered a garden salad topped with a grilled chicken breast, while he ordered a mix of no less than 12 deep fried different finger type foods including chicken wings, mushroom caps, mozza sticks, deep fried bread to name a few. I mean, that platter must have been no less than 5,000 calories by itself. And 2 mugs of honey beer and a dessert to boot. While there I was, eating my puny little salad and drinking my puny little glass of water.

Dessert? Are you kidding me?

So I asked him, I said John, how can you eat so much without being afraid of gaining weight?

**He simply replied, "I don't gain weight".**

Then I asked him, what else did you eat today. Well a big breakfast, a sandwich for lunch and a slice of pizza in the afternoon. **And you don't gain weight I asked?** **"No really"** he replied. Do you exercise I asked. "Not that much, maybe once a month if that" he said.

**So how can it be that you don't gain weight by eating that much I asked? "I just don't, I have never worried about it" he said.**

That night relaxing at home, I thought about that a lot. **"he never worried about it"** he said. **So how could it be that he can eat all that food and not worry about it, while other folks (like me) eat one tenth the amount and do nothing else but worry about it and**

still gain weight?

**Sure our doctors tell us that different people have different metabolisms, meaning we each burn calories at a different rate, but that somehow did not seem to me like the final answer to the question, there had to be more to it.**

Suspecting something was up, I decided that I was going to do an experiment. Being a salesperson and a musician I meet tons of people all the time, why not conduct a little experiment. Over the next 3 months, I made it a point of asking almost everyone I met whether or not they were thinking about what they ate on a regular basis. **What I found out at the end of the 3 months was mind bogging.**

Take a look at the results.

**It turned out that out of 105 “skinny” people I asked, none of them ever worried about gaining weight. Food was simply not an issue to them.**

**Out of 88 normal weight folks only 5 said that they sometime think or worry about what they eat.**

**Out of 78 somewhat plum folks 52 said that they worry about what they eat on a regular basis.**

**And finally out of 64 visibly overweight folks 64 said that they are always watching what they eat and they very much worry throughout the whole process, some of them confessed to be completely obsessed with their weight and still are not able to keep it under control.**

Wow!! Do you see what’s really going on here? When you first look at this information of course, the first thing it comes to mind is “well they worry about what they eat, because they are overweight” right?

**Wrong!!**

**What if....The opposite was true instead?**

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***HERE IS THE SECRET TO END ALL  
DIETS ONCE AND FOR ALL!***

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**What if it turned out, that the more we worried about it, the more we were becoming overweight? Far fetched you think? Well maybe at first glance, but once we understand certain mechanics of how our mind works maybe not that far fetched after all.**

**So I decided to compare this idea with other information available out there about the power of the human mind and its effects on our body and everything else for that matter. What I found out was absolutely astonishing.**

**I read over 20 books on this subject, bought and watched several DVD/documentaries, bought and listened to several audio programs, consulted with some friends of mine who happen to be, one a Family Doctor, one a Psychologist, one a Physicist, one a Professor of Mathematics, one who is a Medical Hypnotist, one who is a Holistic Healer/Masseur and one who happens to be a Naturopath Doctor of Eastern Medicine.**

**No matter from what angle I was approaching the subject, the end result was always consistent, one and the same. As more and more of our scientists are finding out everyday, it turns out that:**

**Everything that happens to ourselves both internally and externally is a direct result of our state of mind.**

**In short, we create both our personal as well as our outer reality, moment by moment as a mirror image of our inner reality.**

**(I urge you read the above paragraph two or three times, because it is of paramount importance).**

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Have you read any of these books?

**“As a Man Thinketh”.**

**“The Nature of Personal Reality”.**

**"The Amazing Power of Deliberate Intent?.**

**“Creating Money, Keys to Abundance”.**

**“Think and Grow Rich”.**

**“Seth Speaks”.**

**“I Create Reality”.**

**“The New Science of Growing Rich”.**

**“The Edgar Cayce Handbook for Creating Your Future”.**

**“Easy Stress Cure, a 30 day program”.**

**“Holographic Time”.**

**“The Psychic in You”.**

**“The Seat of the Soul”.**

**Do yourself a favor, go out and invest in at least a few of these literary gems, you wont believe what you will learn from them. I have listed the titles in order of relevancy, if you choose to only read a few, start from the top.**

**As you can see, at first glance, some of these titles seem to have nothing to do with losing weight. You’ll be surprised and amazed. It’s all one and the same, whether you are trying to lose weight, get out of debt, find a better job or a new partner in life, it all starts from the same source, **YOUR MIND!****

**You are the sole manufacturer of your reality,**  
whether you like to hear it or not. **You are the one**  
**responsible** for making yourself sick, losing that  
partner, losing that job, making all that money,  
getting nice toys, being healthy and so on.

**NO EXCEPTIONS!**

How many times have you heard of doctors baffled  
by a patient inexplicably getting rid of terminal  
illnesses without any plausible medical explanation  
whatsoever?

How many times have you heard of folks  
performing normally impossible tasks when faced  
with certain extraordinary circumstances?

How many times have you heard of eastern  
medicine doctors performing major medical  
procedures without the use of any anesthetics?

**It's All In Our Mind my**  
**friend!!** We have the  
**inborn power to do**  
**whatever we want,**

**AS LONG AS WE BELIEVE WE CAN!**  
**THAT SIMPLE!**

Easier said than done, you may say. And you are  
right to a certain extent. After all, this is  
relatively new information. While you'll likely to  
hear more and more on this "power of the mind"  
subject, it is still a relatively new approach our  
scientists are just starting to understand and  
accept.

To give you my complete honest opinion, I do  
believe the "Weight Loss Industry" is completely  
aware of this reality. So why don't they teach

this approach instead of putting us on brutal diet programs?

Do we really have to ask that question? I mean think about it. If they were to teach us how to lose weight almost effortlessly and permanently, they would only make a small portion of the money they are actually making with all the various diet programs.

Don't take my word for it, go to **Google** and type the following: ***weight loss industry dollar industry***, and here are the first few headlines you will get:

*"...Since reducing diets rarely achieve permanent weight loss and can result in negative ... and control all aspects of the **multi-billion-dollar diet industry**. ..."*

*"...Take these quizzes to find out. Diet Industry Is Big Business ... **Americans spend about \$35 billion a year** on weight-loss products, but many are starting to ..."*

*"...Obesity Surgery Grows and Grows to **Billion-Dollar Industry** ... "Following successful weight loss, diabetes was completely resolved in 76.8% of patients. ..."*

*"...Of all the diets and weight-loss programs out there, ... for his review of the pitfalls that one can fall prey to in this **multi million dollar industry**...."*

*"...There is a reason why there are so many theories and myths about weight loss. The diet industry in America and elsewhere is a **multi billion dollar industry**...."*

*"...tease an upcoming KARE Extra report called "The Weight Loss Miracle? ... Workshop as yet another con in this country's failed, **zillion dollar diet industry**. ..."*

*"...Weight loss is a **multibillion-dollar industry** in America, Oliver notes, and this industry is trying to put a health spin on what is a largely cosmetic ..."*

*"...The weight loss, diet and fitness market is a **multi-billion dollar industry**. Scroll down to find our directory of fitness franchises for sale and fitness ..."*

*"...Stake your claim in a **\$7 billion dollar industry!** ... Get involved with a dynamic business opportunity in the **\$34.7 billion annual weight loss industry**. ..."*

Wow! Do you see what I see? Is it just me, or do you see the phrase "**multi-billion dollar industry**" as the common denominator? You guessed it, huge money. By keeping us in the dark and "on a diet" forever, they know we are going to keep coming back for more. Why? Because as we said before, over 95% of all diets don't work. So you go on a diet, you spend a bunch of money on it, then you get tired of it and you quit.

A few months later, you regain back all the weight you lost in the first place. You try another diet, and then another, and then another. Do you see what's really happening? No matter what new diet we try each time, we just keep in coming back to them, the diet industry.

Think of this, In one of the busiest four ways crossings in the city where I reside, there are 3

gas stations all kitty corner from each other. One is an ESSO, one a Beaver, and the other a Mobil.

Now, no matter which one you chose even though they seem to compete with each other, they are actually owned by the same parent company, Exxon Oil. Also, did you know that "NO NAME" brand batteries, those 99 cents yellow batteries you find next to \$4.00 Duracells are made by...you guessed it, Duracell? No matter which of the two you choose, you are buying from the same company. The magic of marketing.

So, what to do about it. How can we really use this information to achieve real and permanent results? Well the first thing we need to understand is simply this: **IF YOU KEEP IN DOING THE SAME THING OVER AND OVER, CHANCES ARE YOU ARE GOING TO GET THE SAME RESULTS OVER AND OVER!**

That's why the first thing we need to realize is,

**stop doing what  
did not work  
before.**

• Just Stop it, forget about it!

Let's take a new approach, what's the worst thing that can happen? At the very least you are going to get a different result. In my case and many other's a real life saver once and for all. could you imagine what it would feels like to be able not to worry about this darn thing anymore? to go to a restaurant and to be able to eat whatever the heck you like, just like your skinny friends do? Just do it once and for all, make the decision and learn the REAL way to end all diets, for ever.

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Let's now talk about the "what to do" part, how does it actually work, what you need to understand, do and change. I promise you that it is actually very simple. I highly recommend that you read this information several times over and over again and every few days until you actually understand the process. this is not boring technical material where you have to keep track of calories, color coded cards etc., none of that crap, that stuff does not work, this is about **changing your mind about YOU, the food you eat and your relationship with it.**

Just remember this very important thing, for when you really understand the essence of this approach, this alone may very well be the most important thing you'll ever need to know. and here it is.

**Skinny folks**  
**NEVER WORRY**  
**about food.**  
**Overweight folks**  
**ALWAYS**  
**WORRY about**  
**food.**

Think about that, because it has very profound implications. I will give you step by step simple tips on how to achieve what you want. I will tell you exactly what I did, and you won't believe how easy it is.

The system I used consists of two different approaches, one which deals with “how” to change your way of thinking about yourself and your weight. The other, actual simple eating and practical tips to make the process even easier, faster and permanent.

But before we get into the thick stuff, we need to understand how this system works, the science behind the logic.

We will not get into a too heavy of a scientific discussion of course, we don't need to understand how DNA works or be a Nuclear Physicist. We will try to make it as simple as possible, just bare it with me and follow along, I will guarantee you that it will make a lot of sense. Grab yourself a **GREEN TEA**, put your feet up and relax. The following is very fascinating material which will immensely help you to understand why you have not been successful in losing weight thus far.

**H**ere it goes. As our scientists are well aware of, if you were to take three different samples of matter, anything from a human hair, a piece of wood and a drop of water and use an atomic microscope (a microscope which is able to go as far down as the atomic level within an object), we would go through a series of increasingly smaller steps until we reach the **ATOM** itself.

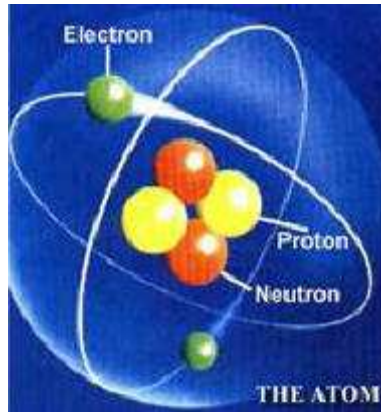
For example, if we were to examine a human hair under that microscope and start zooming in, the first thing we would see would be a **CELL**. If we took it a step further and look inside that cell we would find a **PARTICLE**, a step further and we would find a **MOLECULE** and so on until we reach the **ATOM**.

While it is true that organic (living) matter will exhibit different “steps” along the way from

Inorganic (non-living) matter, it is also true that no matter what you start with, you will eventually end up finding an ATOM. Simply put, **EVERYTHING IN THE UNIVERSE** (from an ant to a mountain to your body to the air you breathe) **IS MADE UP OF ATOMS**.

So, why is the atom so important? Well, in order to see the connection, we need to look inside the atom itself.

When we do look inside an atom we invariably find three components, Proton, Electron and Neutron, no exception.



The understanding that **all things are made from atoms** began with the synthesis of urea by Friedrich Wohler in 1828.

An Atom is: A single unit of **any** element. The atom is the most basic unit of the matter that makes up **everything in the world around us**.

The only difference that distinguishes atoms belonging to different elements is the NUMBER of PROTONS within them. But for the sake of our discussion we do not need to worry about that.

It is also true that an atom can be further dissected into smaller parts, namely Quarks, Neutrinos and the likes, but, the most important single thing we need to understand for the sake of our discussion is that **ATOMS ARE MADE**

**OF PURE ENERGY, or ELECTRICITY IF YOU LIKE. IN ESSENCE AN ATOM IS THE EQUIVALENT OF A MINIATURE BATTERY.**

The fascinating thing about atoms is that each one of them (E.I. each atom in your body) seems to have a **“BUILT-IN MIND”** of their own, WHICH IS IN TURN CONNECTED TO THE COLLECTIVE MIND NETWORK OF THE OTHER ATOMS THROUGHOUT YOUR BODY, AND THE **"MIND"** GUIDING THE WHOLE PROCESS IN THE FIRST PLACE, THE **"BOSS"** .

Does this seem a bit too complicated? well try going back a bit and read it again, you'll see it is actually quite simple, **namely, a human body is made out of trillions of ATOMS, which are all networked together (they talk to each other) and that the whole network constantly receives and executes ORDERS given by the Commander in Chief, Your mind (YOU).**

In addition, each atom has a built in **“Survival Mechanism”**, which means that it will do whatever it can to **MAINTAIN THE STATUS QUO**, unless told differently.

And even further, once given a different order, it will play stubborn until the order is **repeated several times** and accepted as **REAL** by the **Commander in Chief - You.**

WOW!! Can you start to understand what this means? Can you see how important it is that you **“think” the right ORDERS** to pass down to the **ATOMS which make out your body?**

So let's make a practical example of **“HOW”** exactly this works.

You look at yourself in the mirror and you think, **“darn I am gaining weight”.**

The next day, you look at yourself in the mirror

again, and you say again “I think I am really gaining weight”. You touch your stomach, and you think you are feeling a few extra ounces that weren’t there a few days ago. Maybe you’re just bloated, but for some reason, you think you are gaining weight. So the trillions of atoms which make up your body “hear” you (don’t forget they are connected to your mind), and they instantly send a signal to each other which says “hey boyz, our boss thinks he is gaining weight”. They do nothing at this point, they simply wait and see what you do for the next couple of days.

Suppose that you keep in telling yourself that you are gaining weight, maybe the scale does not agree with you but you just feel that way. Well, what happens is that our friends (the atoms) hear you again and they actually start making preparations to re-assemble themselves in order to give you what you believe you see.

Or better yet, what you "think you see".

What choice do they have, they “work” for you. They must do whatever you think they should do. If you think you are gaining weight and you keep repeating that thought, they will MAKE YOU GAIN THE WEIGHT. If you think you are getting a headache, they will act accordingly. If you think you are losing weight, well, you’ve guessed it.

This my friends is so very important  
I cannot say it enough times.

Please make sure you fully understand this process because nothing is more important than the above single piece of information.

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**T**he "delay" mechanism. Why do atoms need to be given the same order over and over before

they start acting on it? Well, simply speaking, because they are tired of recomposing your body, and all that goes on within it a million times a day.

Think about it, you change your mind every other minute, this moment you're cold, next moment you're hot, now you think you're hungry, now you are not. Now you think you may have lost a half ounce, now you're gaining it.

The poor atoms that make up your body simply cannot keep up with your constantly changing mind. So they maintain your body vital functions in a somewhat automatic fashion (based on your long term image of your health and such), but they wait and see if you are serious about something before they actually go ahead and execute the new order.

Now, what is really important to understand is that **they could not care less if the order you are thinking of is actually good for you or not, healthy or not.**

Atoms do not get sick, they stay always the same, they look always the same, an atom does not get "fat", the only thing that changes when YOU get sick or become fatter is HOW they COMPOSE and GROUP with each other, get it?

For that reason, they (the atoms) **could not care less if you decide to weight one hundred or a thousand pounds, they just invite more atoms (i.e. from food) to keep them company and make you weight a thousand pounds, wasn't that what you wanted in the first place?**

So, what does all this mean? **Well, that is the very reason why it takes some time for you to start losing real weight.**

Do you remember before when we talked about getting lost in the middle of the forest? That is

called the built-in **SURVIVAL MECHANISM**, couple this with the **DELAY MECHANISM** and you'll understand why it takes time for your body to respond to your orders. Add to it the fact that you keep in constantly changing your mind (changing the orders your body hears) and it is even more so.

Why am I stressing this point so much? Because it is imperative that you learn to **catch yourself thinking conflicting thoughts** and learn how to minimize or eliminate negative ones and replace them with positive ones.

**Keep in mind that lucky for us a positive thought has the power to erase 100 negative ones.**

With this knowledge in the bank let's get down to business!

Let's begin to lose that unwanted weight once and for all! Are you ready?

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**T**he first thing I want you to do is **throw away all diet programs**, book tapes etc you may have in the house, even that damn scale you have in the bathroom. No exceptions! While doing so, say aloud **"I do not need any dieting material because I have the power to do what I want within myself"** Say that three times and **really mean it** while saying so.

Right now, go in front of a mirror and say (aloud) to yourself:

**"I am beautiful!, I am becoming more and more beautiful everyday, I am a very intelligent person, I am losing weight, and I am achieving my desired weight of xxxx Lb.**

I no longer need to diet, because **I have the power** to become the weight I want within my

own mind. Follow this with a nice long and loud REAL laugh!!

Take a deep breath and say (aloud) “I feel and look soooo much better already!!”

Make sure you do this above simple exercise 3 times a day. You can do it before going in the shower, while driving, any place you like. and most importantly at night before you fall asleep (the most important part of the day as we'll see later).

### **VERY IMPORTANT:**

you must make sure you always talk in the  
**PRESENT TENSE.**

You must say “I am losing weight”, never say “I will lose weight”.

You must say “I am achieving” not “I will achieve”.

This is very important because if you say “I will”, you will always be pushing your “goal” forward in the future. By saying “I am”, you are telling your body and your 'atoms" that you want it to happen **NOW**, in other words, "atoms, let's get off our butts and let's get to work, NOW"!!

### **VISUALIZE! VISUALIZE! VISUALIZE!**

It is extremely important that you learn to  
VISUALIZE!

How does it work? To make this process easier to understand let's use a well knows but little understood exercise.

First do this. Close your eyes and imagine that you are holding a lemon halve in your hand. Bring it to your mouth and take a bit out of it.

That's all.

What did you feel? Did your get goose bumps? Did your mouth start salivating? Maybe you did feel something, but chances are too little to make any real impact.

Let's try now the same exercise, but with a twist. We are going to add feeling and visualization to it and see if it makes any difference.

Again close your eyes. Imagine cutting a lemon in a half. Take one of the halves and sprinkle some salt on it. Now, imagine as vividly as you can that you take that lemon halve bring it to your mouth and take a big juicy bite out of it. The juice filling your mouth, dripping out on your lips and down your chin. Bring the lemon halve to your nose and smell it. Smell and taste that juicy, bitter, zesty lemon. Concentrate on that for a few seconds, and then take another nice bite out of it. Feel your teeth slowly sinking into the lemon's flesh, until you start feeling it's juices inside your mouth. It is so sharp that you actually back off and pull the lemon out of your mouth for a second. Sour lemon juice making you almost shiver from the sharpness.

Did you feel anything while reading this little exercise? I bet you did, and a lot too. It is basically impossible not to feel.

What we are trying to illustrate with this little experiment are two very important things.

First, It is important we visualize and feel as intensely as possible whatever wishes or desires we want to bring to reality. Second, our body (and the Universe for that matter) cannot tell the difference whether the lemon is actually there physically or if we are just imagining it.

The field of Sports psychology for example has gained huge momentum over the past few years.

The reason is very simple, it works! Athletes and Trainers alike, realize without question that this new approach can make the difference between winning and losing. Extensive tests have shown over and over that the technique of "VISUALIZATION" produces **real, measurable results.**

Our imagination it turns out, has an incredible ability to shape our future. Most people aren't aware of how much their imagination plays a role in their success, they worry day in and day out, fearing and expecting a negative outcome. And usually, that's exactly what they get.

When you "Visualize", you simply create an image in your mind of the outcome you desire, that simple.

There are two main types of visualization. **mind sculpting** and **future visualization.**

Mind sculpting is a way of mentally rehearsing any given situation. The way you act, speak and feel in any circumstance. This is a powerful means of practicing for an upcoming event. **In fact, it is so effective, when measured with the proper instruments, it registers as if you are actually doing it for real. (remember? the universe CANNOT tell the difference between real and imagined)** This is a way of drastically improving how you are going to perform in a certain circumstance, making a sales call, performing as an athlete or even a stage performance.

The second **future visualization**, is a technique in which you visualize the outcome that you desire make it become so real in your mind that it starts to positively influence your thoughts, behaviors, and actions until you actually start experiencing the results you had visualized.

Let's look at these techniques a little more in detail.

## Let's talk about mind sculpting first.

The advantage is that mental practice through visualization is often **quicker, simpler, easier, and more convenient than the corresponding physical behavior, which allows you to do it more frequently and regularly.** (in other words, instead of actually "dieting" for real, imagine yourself "skinny" or whatever ideal weight you'd like to be, it will get you the same results or better without having to actually starve yourself).

**Athletes routinely use mind sculpting to train their bodies to perform their event or sport correctly by visualizing themselves performing exactly as necessary. The visualizations in mind sculpting are so complete that the central nervous system responds as though the athlete is physically practicing the movement or technique he is training for.**

Psychologists have found that when athletes visualize, **the brain cannot tell the difference between reality and the imagined scenes playing out in their minds. That's why mind sculpting works... it actually creates new pathways in your brain just like physical practice would do.**

**The key and most important factor in mind sculpting is to make the visualization as complete and real as possible. Include all of the sensory factors: sight, sound, smell, touch and taste.**

## Future Visualization

Could it be that you are creating the negative circumstances and outcomes in your life simply by imagining how bad it could get?

How often do you think about how things could go wrong or imagine the worse case scenario? How much time do you spend worrying or fretting?

### Visualize What You Want

The things you think about and spend time imagining are the things most likely to come to pass in your life because your mind sets loose its creative power to help make the things of your imagination become reality. Your expectations affect the results you experience.

Fortunately, this awesome power also works to help us achieve our goals and fulfill our dreams. The problem is that we spend most of our time thinking about the negatives of life. By taking purposeful control of our imagination and dedicating our thoughts to the things we desire, we can shape the future to yield the things we want out of life.

While mind sculpting trains your mind and body to perform skills or react properly to circumstances in the present or near future, future visualization sets the stage for achieving long-term goals and dreams.

As with mind sculpting, you visualize the circumstances you want to bring about with as much detail and sensory input as possible. But rather than visualize a particular action or reaction, you are visualizing an outcome that reflects the kind of success you want to have.

If you want to be skinny, you visualize what kind of clothes you would buy once you reach your desired weight. You visualize your friends and family congratulating you on how good you look. You visualize the sheer joy and satisfaction you will experience looking in the mirror and feeling good about yourself. Add more and more details and feelings until it becomes so real that you can't wait to get the way you want to be.

When you visualize in this way, you are sending clear signals to your body to help you make the right decisions, meet the right people and circumstances necessary to bring your visualization into reality.

## Essential Components for Effective Visualization

### (Very important)

In order to experience success with any visualization, whether you are mind sculpting or visualizing your future, there are three components needed besides your imagination.

**Belief** - First, you must believe that you are capable of achieving whatever it is you are trying to visualize. Many times the process of visualizing will help you believe in yourself, because you will see yourself in the process of doing it and that will reinforce your confidence.

**Attention & Action** - Second, you must be purposeful in responding to your visualization; you must notice and then act on the opportunities and circumstances that your visualizations bring about. If you don't follow through and just sit on your sofa, your visualizations will be unproductive.

**Persistence** - Lastly, you need persistence. Remember that mind sculpting is a form of practice. You can't practice baseball for a day and expect to win the World Series tomorrow. You practice physically and you practice mentally for the future. Nor will visualization necessarily make your dreams come true overnight. You need to visualize your future frequently and establish a pattern of thought and action that reinforces your visualization.

What does this mean? Hugely important. It

means that not only feelings and emotions magnify enormously the effects of your thoughts, but that you don't have to be skinny in order for your body to start feeling skinny and start acting that way. Please make an effort to read the above material several times until it makes sense, because it is of paramount importance.

That is why you need to visualize being the desired weight you want to be. You have to see yourself "HOW" you want to look once you achieve your goal. I realize it is hard to do so when you look in the mirror and you actually see something different, but nevertheless try doing so, and most importantly DON'T GIVE UP! It surely beats dieting don't you think?

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### Conclusion

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**S**o there you have it. You now know the secret that will end all diets once and for all.

Please do not take this lightly, for this is truly a life changing piece of information. It will not only help you with your weight issue, but it will work with everything else you use it for, your relationships, your job, how much money you make, the kind of car your drive, the house you live in, just to name a few.

In the last few years, a great deal of material dealing with this relatively new discovery has been published and made available to anyone interested. Books, documentaries, scientific studies. We are finally starting to understand that our existence both as an intelligent entity as well as a human being is actually composed entirely of an extraordinarily powerful substance called "Energy", in fact, even "Matter" is nothing else than "decelerated" Energy.

Our Scientists know full well that when you take "Matter" and accelerate it (in a particle accelerator) you get "Energy", conversely, when you take "Energy" and decelerate it you end up with "Matter", in other words the two are one and the same.

Your hand (matter) is made of the exact same things as the hair you breathe and the electricity which travels through your house wires. The same as the water you drink, the same as the mountain you see looking outside your window. Your hand is made of the same substance your car is made of, the same as the plastic and glass computer monitor you are looking at right now.

Do you get the picture? Everything in the Universe is made of the exact same thing, pure intelligent, all-knowing, omnipresent, perpetual Energy (God anyone?).

The only difference is it's "frequency" or in laymen's terms, the "speed at which it oscillates". The slower the speed, the heavier, denser, more visible, more tangible the "object" it will form (metals, rocks, planets etc..). The faster the "speed" the lighter the object (air, light, radio frequencies, even "feelings"), do you get the picture?

Think about this for example. How many times have you stepped on a scale to weight yourself? Hundreds of times if you are like everyone else. But, have you ever wondered exactly "how" does a scale measure your weight?

This is how. A scale does not measure "your weight" per se, what it actually measures is (are you ready?) the "amount of pull the planet Earth has on you".

Let me explain, as we just saw, everything is made of Energy. One of the many fascinating characteristics of Energy is "Magnetism". In other words, just as every planet in the solar

system is constantly pulled by every other planets around it, every single speck of dust is also perpetually pulled toward the ground or more precisely the center of the Earth. You and I, being made of the same "Energy/Matter as the speck of dust and the planet, are also "attracted" to the center of the Earth, that's why our feet are glued to the ground and we don't fly off the planet, that's why astronauts "float" in space, as they get sufficiently far enough from the earth where the magnetic pull of the planet has no effect on their bodies. That's why a 170lb individual would only weigh roughly 21Lb on the moon, because the Moon being 1/8 the size of the Earth it will only exercise 1/8 the magnetic pull of the planet Earth has on you.

That's why, what you are really looking at when you step on the scale to weight yourself is simply the amount of "pull" or attraction between you and the planet Earth. It goes without saying of course that the "bigger" you are, the more "magnetic" you are going to be. The stronger the "pull" downward, the greater the resulting number on the scale's display.

We are not trying to get "scientific" here. What I am trying to put across, is "how" this wonderful Universe of ours works, and how the energy it is made of responds to and it is shaped by us and more specifically our thoughts in the first place.

Correct me if I am wrong, but I would much rather (as I have) learn how this process works and use it to my advantage, rather than spend the rest of my life struggling from diet to diet, the food I eat and my weight.

So, stop worrying about your weight. Stop worrying about your food, throw away your scale literally. Stop weighing yourself. Stop saying and/or thinking that you are fat. Stop saying/thinking you "will" lose weight, replace it with "**I am**" losing weight.

Replace all "I will" (in the future) with "**I am**" (the present).

I will lose weight > **I am** losing weight.

I will look great > **I look** great.

I will be healthy > **I am** healthy.

I will achieve my goal > **I am** achieving my goal.

I will have what I want > **I am** getting what I want.

Do you get the picture?

Replace all "futures" with "presents". Why? because your body, your "energy" every atom in you and around you, "**hears**" **what you say and think**, and they will simply stay put and do nothing every time you utter a sentence which is to happen in the "future". On the other hand, they will immediately get to "work" the moment you give a "**NOW**" order".

If your partner were to come home today and tell you "honey, someday **we will go** for a trip to Europe", would you start packing up your bags? What would be the point.

On the other hand, I bet you would start packing up right away if he were to tell you "honey, I just bought two tickets to Paris, **we are leaving** today". Do you see the difference?

**That is just the way the Universe works, don't question it. Just learn to use this information to your advantage.**

A very powerful movie/documentary was recently released on this very subject. This movie

is called "The Secret". I strongly recommend you watch this movie, not once but on a regular basis, it is a very graphical and compelling documentary that everyone on the planet should watch. I highly recommend you do so too.

If we were to summarize all the material we have covered so far it would look something like this. I suggest you write down the following sentences on a piece of paper and look at it as many times as you can during the day. Make it a "way of life", live by it, learn to think like it, talk like it. Distance yourself from negative folks. Distance yourself from obesity support groups, obesity counselors and the like. Distant yourself from diet programs and diet clinics.

Understand once and for all that anything you do that reminds you of "obesity" does nothing more than keep the "obesity" feeling alive in your mind. But, be very careful here, do not be afraid of it either. Don't obsess over it. Because doing so would give it (the negative thought) that much more importance. Simply realize and accept that there are people of all shapes and forms, skinny and overweight alike. If you like, help those who seek help in losing weight, use this information to make their lives better.

Learn to live and think like a skinny person would. Literally, if you do that, you will have no choice but to become one. Find yourself a raw model. Someone you know who you admire and who is skinny. It could be an actor/actress, a singer, a friend, whoever you like.

Every time you do something which has to do with food/eating, pause for a moment and ask yourself a simple question. What would X do now?

Would he/she eat this whole apple pie or would he/she eat a nice slice of it.

Would he/she go for a second helping of that

wonderful Italian spaghetti or would he/she stop at one so that they could enjoy the rest of the meal without feeling bloated?

Or simply ask yourself, what would I do in this situation if I was skinny?

And then say, " I am skinny", I know what to do. You will be amazed how you will soon learn to think like a skinny person would. It will become automatic, you will instinctively know what to do in every situation. and before long, you will simply BECOME. You will have no choice, and all without dieting.

Now, what if one night you and your partner decide to go to the desserts section at you local groceries store, buy a black forest cake and ice cream, rent a movie and pig out all night.

Nothing wrong with that. Absolutely nothing wrong with that. Do skinny people do that? You bet they do. There is nothing wrong in indulging once in a while. You deserve it, these are the little pleasures in life we all have the right to enjoy, no matter if you are skinny or otherwise.

One major, very important thing to remember however. If you are gonna pig out once in a while do it the "SKINNY PEOPLE WAY". Skinny people don't pig out on a regular basis, only once in a while. and most importantly, skinny people DON'T FEEL GUILTY AND HATE THEMSELVES AFTERWARD. Because if you do so, it will reinforce the idea and conviction that you are overweight and undeserving of enjoying that black forest cake. You will pay the consequences twice. First by telling yourself you are overweight, and second by reinforcing that negative thought by the sense of guilt you experience.

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Some folks have asked me if exercise actually helps or if it is really all a matter of changing

your mind set.

Of course it does help. Exercise is a very important part of it all. Not only is important in order to achieve the weight we want, it is important to maintain a healthy and shapely body. Just don't kill yourself with exercise, again, do it like a skinny person would, only to keep in shape. There is no point in trying to burn 500 calories on the treadmill and then eat 1000 an hour later. Skinny folks, eat sensibly and exercise sensibly.

Slow down, don't worry too much, life is a wonderful thing meant to be enjoyed. Understand what are the situations (and people) in your life that need to be changed or dropped altogether, and just do so. For it is these things that make you burn inside, they worry you, they make you run to the fridge so that you can find comfort in the familiar and unconditional companionship food gives you.

Again, do anything you would do if you were skinny and happy. Talk, eat, think, live and love "skinny" and "happy" you will have no choice but to become, skinny and happy!

If we were to summarize a "healthy and happy person's" lifestyle which would automatically give you the desired weight you want, it would look something like this.

- 1) Rid yourself of unwanted situations both at work and in your private life. Surround yourself with people you like and that are positive and conducive to you lifestyle and way of thinking.
- 2) Stop disliking yourself. Learn to love yourself for you are a magnificent and unique example of God's creation.

- 3) Stop judging yourself. Stop feeling guilty for things you do and or you don't like. Change what you feel you need changing, don't worry about things you have no power over.
- 4) Only eat when you are hungry. Don't overfill that gas tank, it will spill over. A simple unchangeable rule.
- 5) Know that your body knows exactly what to do. Trust it. Listen to it's signals and what it is telling you. It gives you "hungry" signals, feed it. It gives you satisfied feelings, stop eating. It gives you a certain craving, make it happy. It tell you that one portion of dessert was all you needed, don't eat a second portion.
- 6) Understand that not all foods are "good" for you. Be selective. Again, your body knows best. Do learn to recognize what your body needs.
- 7) Enjoy what you eat, and the eating experience itself. Don't make a guilt trip everytime you open that fridge. Remember, food is your friend, not your enemy. It keeps you alive.
- 8) Learn to stop eating when you feel satisfied instead of feeling full.
- 9) There are tons of material available to you out there. Read books, listen to tapes, educate yourself about how the human body works. And most importantly how your mind works. Take yourself seriously, be grateful to be alive, make it last as long as you can.
- 10) Enjoy life as much as you can. Make time for yourself. Do what you like. Play, read, go shopping, or simply do nothing at all. Just enjoy it and as long as you are not inconveniencing anyone, never ever feel guilty about anything you do.

## Make these sentences a WAY OF LIFE!

FEEL IT! (Feel in your mind how wonderful it would feel to be skinny)

DREAM IT! (Daydream of how wonderful it would be buying a pair of tight jeans and feeling great wearing them)

DESIRE IT! (Make it your true goal, CAUTION! Do not "OBSESS" over it or you will turn it into a "negative" issue)

LOVE IT! (Learn to love the feeling of seeing yourself getting skinnier and skinnier, one pound at a time)

DEMAND IT! (Again without obsessing over it, simply ask the Universe that that is what you want. The Universe cannot "deliver until you actually clearly state what you want)

EXPECT IT! (Not only demand it but also expect it done! Do not doubt it, know that the universe is capable of delivering anything you ask for. And it will)

SEE IT ACCOMPLISHED! (Visualize yourself as intensely as you can, complete with feelings, voices, sounds, tastes and smells as if you are already there. Close your eyes and picture yourself receiving all kinds of compliments about how good you look and feel. Picture your doctor congratulating you for losing all that excess weight. Do this with as many scenarios as you like, the more the better, the more intense and real feeling, the more effective)

LIVE IT! (Don't live and act as if "you are going to be skinny , live and act as if you already are, now, this moment)

BE THANKFUL! (Stop cursing and being

unsatisfied with the way you look, what you have and where you are in life right now. It will never change until such time you learn to be thankful for everything in your life, even the things you see as bad or detrimental. It is all part of God's creation, you have called these things into your life for a reason, perhaps they were meant to teach you a lesson, perhaps you will eventually find out why they are there in the first place. Nevertheless, everything in your life both good and bad is a "sacred" event. Be thankful for it.

Simply ask the universe to replace those experiences you no longer desire in your life to be replaced with new healthier ones you will want to experience from NOW on. The universe will hear you and give you what you desire.)

**SLEEP ON IT!** (Visualization works any time of the day and night. Scientists have discovered however, that if you practice visualizing your desires immediately before actually falling at sleep every night, the "desire" will stay imprinted in your mind all night long, continuing to deliver that information to the right address as you sleep.

Isn't that nice? Well don't question it, take advantage of it.)

**WATCH YOUR LANGUAGE** (Very important! truly learn to pay attention to what you say. your sentences, your affirmation you make your day long without realizing it, for they are actually shaping your life and all events around you. Minute by minute. Once you start doing so, you will be amazed at what you hear yourself say. "I am getting a headache. I am getting fat. I think I am gaining weight. I don't like the way I look. I think I am getting sick.. I am not able to lose weight. Sounds familiar? Are you surprised then when you are actually getting these things to materialize into your life? You asked for it. Learn to change your vocabulary into a positive one and positive things will come your way!)

**WATCH YOUR THOUGHTS!** (The exact same as above. Only more powerful. For your thoughts

are a very personal inner-felt things. They will be picked up by your "sensors" that much clearer and faster as they are not effected by outside noises and interferences. this is not necessarily a "negative" thing. Simply learn to use your thought to your advantage. Think good things and good things will come to you times ten-folds!)

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If there was a single final sentence I would like to send you off with, it would be this:

*Think, talk, act, live and love like a skinny person does. And you will have no choice but to become one!*

And to gracefully end this experience we have shared together which I hope you have enjoyed and found useful, I would like to leave you with a simple but very effective "prayer" which will help you communicate your wishes to our Universe, our Creator.

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*"Dear Universe (God if you wish). I would like to express my gratitude for bringing the experience of "being overweight" (or anything you no longer desire) into my life.*

*I have learned what it feels like to be (overweight).*

*At this time, I no longer desire nor need to be (overweight). As such I ask you to release that experience from my life back into the Universe for a greater and more useful purpose.*

*I respectfully ask you to replace that experience with the experience of being "my normal weight of 150Lb" (clearly state what you wish to weigh).*

*I trust you will fulfill my wish as you always do.*

*I thank you in advance. Your son/daughter  
Marco (your name).*

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*Good luck to you, and may you enjoy all the  
wonderful benefits of a healthy, happy and loving  
lifestyle.*

*Your friend*

A handwritten signature in black ink, appearing to be 'Marco', written in a cursive style.